



The Body: A Guide for Occupants

Bill Bryson

[Download now](#)

[Read Online](#) 

The Body: A Guide for Occupants

Bill Bryson

The Body: A Guide for Occupants Bill Bryson

In the bestselling, prize-winning *A Short History of Nearly Everything* Bill Bryson achieved the seemingly impossible by making the science of our world both understandable and entertaining to millions of people around the globe.

Now he turns his attention inwards to explore the human body, how it functions and its remarkable ability to heal itself. Full of extraordinary facts and astonishing stories *The Body: A Guide for Occupants* is a brilliant, often very funny attempt to understand the miracle of our physical and neurological make up.

A wonderful successor to *A Short History of Nearly Everything*, this book will have you marvelling at the form you occupy, and celebrating the genius of your existence, time and time again.

The Body: A Guide for Occupants Details

The Body: A Guide for Occupants

400 pages , Published October 15th 2019 by Doubleday

 [Download The Body: A Guide for Occupants ...pdf](#)

 [Read Online The Body: A Guide for Occupants ...pdf](#)

Download and Read Free Online The Body: A Guide for Occupants Bill Bryson

Emily (Books with Emily Fox) says

This was actually really good!

Highly recommend it if the topic interested you, the audiobook was also great!

Theresa Alan says

I learned so much from this book. One of the things I learned was that continuing to learn and keeping my brain active will help me avoid dementia, so you should read this book, too. I highlighted many, many pages, so I'll just offer a few highlights here.

The most interesting thing was reading about our skin, the tiny tiny layer that we makes us white or black or brown. Bryson watched a surgeon incise and peel back a sliver of skin a millimeter thick from the arm of cadaver. It was so thin it was translucent. That's what race is. Which is why it's so ridiculous that such a small facet of our composition should be given so much importance when it's merely a reaction to sunlight. "Biologically, there is no such thing as race—nothing in terms of skin color, facial features, hair type, bone structure, or anything else that is a defining quality among peoples."

Skin gets its color from a variety of pigments, the best known is a molecule we know as melanin. It's also responsible for the color of birds' feathers and gives fish the texture and luminescence of the their scales. Our skin evolved based on our geography.

A lot of myths I grew up with are not true. Like the fact we only use ten percent of our brain--false. I was taught as a kid that different parts of the tongue were attuned to different tastes like salty, sweet, sour. Nope. Also, like the movie the Matrix, apparently when I eat a brownie straight from the oven, it doesn't actually taste good, my brain just reads these scentless, flavorless molecules and makes me think they're pleasurable.

In one of the studies he talks about, a man was given an injection of a harmless liquid to mimic snot. It couldn't be seen by the naked eye, but under those blue lights detectives use. The test subject went into a room with other folks, and when they turned the overhead lights off and the blue lights on, every single person, doorknob, and bowl of nuts had the pretend snot on it, which is how the common cold passes from person to person so easily—through touch, apparently not by making out with someone (although presumably at some point you might touch that person).

Antibiotics

- Almost 3/4ths of prescriptions written each year are for conditions that can't be cured with antibiotics (like bronchitis)
- 80 percent of antibiotics are fed to farm animals to fatten them up which meat eaters then consume, which is one of the reasons antibiotics aren't as effective as they used to be.
- Fruit growers use antibiotics to combat bacterial infections in their crops, sometimes even of produce marked "organic." Which means we humans are unwittingly eating antibiotics, rendering them ineffective when we need them for a real disease/infection.

There's a lot more interesting stuff in here. Thanks so much to NetGalley for the opportunity to read this book, which RELEASES OCTOBER 15, 2019.

Emily May says

I went into this book with the attitude of "of course, Bill Bryson can make anything interesting", but I was still a little unsure if this was the right book for me. There are definitely interesting aspects of the body, but I'm more of a "fun fact here, quirky tidbit there" kinda person. I wasn't sure I wanted to read a whole book full of words I can't pronounce. But, no, Bill Bryson really can make anything interesting.

His usual charismatic, undemanding style is all over this book. He begins with the head and takes us all the way through the physiology of the human body. The organs, systems, various proteins and bacterium that I will never remember the name of. What really makes this interesting is that he links each part of the body in with the history of medicine and diseases relating to that part. He pulls out little anecdotes that shocked me, infuriated me, and often made me laugh.

Bryson knows he isn't writing a book for medical professionals here. There's a certain amount of depth in some chapters, but it feels like a lot is probably skimmed over so us laymen can wrap our heads around the information. And, frankly, it wouldn't be nearly as readable if that wasn't the case.

My one big takeaway from *The Body* is that we know almost nothing about the body. We know so much more than we did a hundred years ago, and yet we still know almost nothing. I swear that about ten times in every chapter, there's a comment like "these cells do this, but nobody knows why" or "women are 10x more likely to get this disease than men, but why is anybody's guess". I mean, we spend a third of our lives asleep and no one even knows why we do that.

I like how Bryson looks at health and disease across the world and not just in the United States and Europe. Though the U.S. comes out of this looking even worse than I would have anticipated. Despite spending more on healthcare per person than any other country, U.S. citizens die younger and have higher rates of chronic disease, depression, drug abuse, homicide, and HIV than almost all (if not all) developed nations. There are a number of theories why, though no one knows for sure.

If you like Bryson's previous books, you should like this one. It's pop science, and more fun than it is ground-breaking, but as long as you're not planning to use it as your handbook for experimental surgery, then I see nothing wrong with that.

Facebook | Instagram

From Reader Review *The Body: A Guide for Occupants* for online ebook

From reader reviews:

Owen Ray:

The book *The Body: A Guide for Occupants* can give more knowledge and information about everything you want. So just why must we leave the great thing like a book *The Body: A Guide for Occupants*? Several of you have a different opinion about reserve. But one aim that will book can give many info for us. It is absolutely proper. Right now, try to closer with your book. Knowledge or data that you take for that, you can give for each other; you are able to share all of these. Book *The Body: A Guide for Occupants* has simple shape however you know: it has great and massive function for you. You can appearance the enormous world by start and read a guide. So it is very wonderful.

Barbara Cook:

The guide untitled *The Body: A Guide for Occupants* is the guide that recommended to you to learn. You can see the quality of the publication content that will be shown to you. The language that article author use to explained their way of doing something is easily to understand. The writer was did a lot of investigation when write the book, hence the information that they share for your requirements is absolutely accurate. You also could get the e-book of *The Body: A Guide for Occupants* from the publisher to make you considerably more enjoy free time.

Samuel Tapp:

Spent a free time and energy to be fun activity to perform! A lot of people spent their sparetime with their family, or their particular friends. Usually they doing activity like watching television, gonna beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? May be reading a book may be option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to consider look for book, may be the reserve untitled *The Body: A Guide for Occupants* can be fine book to read. May be it is usually best activity to you.

Ronald Ruggles:

People live in this new day of lifestyle always aim to and must have the spare time or they will get wide range of stress from both everyday life and work. So , whenever we ask do people have extra time, we will say absolutely yes. People is human not really a robot. Then we inquire again, what kind of activity have you got when the spare time coming to anyone of course your answer will unlimited right. Then ever try this one, reading books. It can be your alternative within spending your spare time, often the book you have read is definitely *The Body: A Guide for Occupants*.

[DF36]? The Body: A Guide for Occupants Bill Bryson EIPSLU8WHMK